

Dip It!

Dip pita wedges in hummus.

Dip baby carrots and cherry tomatoes in low-fat ranch dressing.

Dip strawberries or apple slices in your favorite low-fat yogurt.

Dip pretzel sticks in mustard.

Dip graham crackers in applesauce.

Dip baked tortilla chips in bean dip or salsa.

Dip animal crackers in low-fat pudding.

Dip bread sticks in hummus

Dip a granola bar in yogurt

Dip mini-toaster waffles in cinnamon applesauce



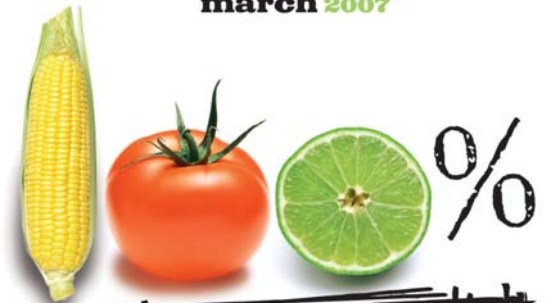
Now that you are refueled,
take a trip to Planet Power. Play the
MyPyramid Blast Off game at
www.mypyramid.gov

Snack Challenge

Create your own healthy snack. Choose foods from the MyPyramid for Kids food groups: Fruits, Vegetables, Milk, Meat and Beans and Grains. Write or draw your healthy snack creation below.

25 healthy snacks for KIDS!

AMERICAN DIETETIC ASSOCIATION
national nutrition month
march 2007



WWW.EATRIGHT.ORG



When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks
You may need an adult to help with some of these snacks.

Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”

Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.

Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.

Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.

Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.

Spread peanut butter on apple slices.

Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.

Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.

Add dried cranberries and almonds to quick-cooking oatmeal and microwave for sixty seconds.

Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.

Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Microwave a cup of soup and enjoy with whole grain crackers.

Banana Split: Top a banana with low-fat vanilla and strawberry yogurt. Sprinkle with your favorite whole-grain cereal.

Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

25 healthy snacks